HIV/AIDS AMONG HETEROSEXUALS IN MARYLAND

In 2004, heterosexual contact (man or woman who has sex with a member of the opposite sex) was the most common mode of exposure among newly diagnosed HIV cases in Maryland.

The CDC has one category for heterosexual sex: HetSexPR: Heterosexual Contact with a Person with or at Risk for HIV Infection. For HIV cases, Maryland has added an additional category: HetSexPI: Heterosexual Contact with a Person of Indeterminate Risk for HIV Infection. As of December 31, 2004, HetSexPR accounted for 29% of prevalent HIV cases and 26% of prevalent AIDS cases in Maryland. HetSexPI accounted for 16% of prevalent HIV cases.

- When HIV reporting began in Maryland in 1994, 19% of those newly infected with HIV reported heterosexual contact as their primary mode of exposure and the percentage has been increasing every year since then. In 2002, heterosexual contact became the most common mode of exposure among those newly diagnosed with HIV accounting for 43% of reported exposures. In 2004, 49% of new HIV infections in Maryland are among those reporting heterosexual contact as their primary mode of exposure (see Figure 1).
- In 1985, about 3% of all newly diagnosed AIDS patients reported HetSexPR as their primary mode of exposure. In 2004, almost 37% of all newly diagnosed AIDS patients reported HetSexPR as their primary mode of exposure.
- In 1994, the majority of newly diagnosed HIV cases reporting heterosexual contact as their primary mode of exposure were female (69%). Over time, the gender gap for heterosexuals has closed, with males surpassing females in 2001 (51% male). In 2004, the proportions of those reporting heterosexual contact as their primary mode of exposure were male (49%) and female (51%).
- In 2004, those newly diagnosed with HIV and reporting heterosexual contact as their mode of transmission were 84% African-American, 7% white, 8% other race/ethnicity, 1% Hispanic and 61% were between ages 30-49.

Figure 1: Proportion of HIV Cases by Year of Diagnosis and Risk